shhhh… just listen

How can you hear anything when you never shut up?

Take a walk, on your own, 2am on a Wednesday is good if you live in a city.

Do not take your mp3 player.

What do you hear?

Stay out for at least an hour, two if you can stretch to that.

When you return to your home, you'll quickly see how hard it really is to be quiet.

Try doing that at least once a month.

Your perception, and your perception of your perception will be all the better for it.

Did you know that early perceptions of 'noise' being a bad thing probably stem from the industrial revolution, when the noisiest places, where industry was located, were also the most dangerous and insalubrious places, filled with poor, rough, working types; prostitutes; high crime etc.

These days, most people have a culturally programmed aversion to 'noise' as a sign of things that are not good. People generally don't want to live next to factories, industry, airports… anywhere that is 'noisy'.

This aversion generally extends to peoples perception of any music or sound that they regard as 'noisy'.

Have you ever noticed that you become acclimatised to things that longer you are exposed to them?

Try opening yourself to something you have always thought was "just" noise. Use your own mind to judge it, rather than your cultural preconceptions.